

# POWER JAM

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**Count:** 22      **Wall:** 4      **Level:** beginner

**Choreographer:** Kathi Stringer

**Music:** Gonna Make You Sweat by C&C Music Factory

## RIGHT SIDE, TOGETHER, SIDE, CHANGE WEIGHT

- 1 Touch right toe to right side (or push out to the right side)
- 2 Touch right toe next to left foot
- 3 Touch right toe to right side (or push out to the right side)
- 4 Step right foot next to left foot

## LEFT SIDE, TOGETHER, SIDE, CHANGE WEIGHT

- 5 Touch left toe to left side (or push out to the left side)
- 6 Touch left toe next to right foot
- 7 Touch left toe to left side (or push out to the left side)
- 8 Step left foot next to right foot

## TURN/TAP HEEL TWITCH, TURN/TAP TOE TWICE

- 9 Pivot  $\frac{1}{4}$  turn left on ball of left foot and tap right heel forward
- 10 Tap right heel forward again
- 11 Pivot  $\frac{1}{2}$  turn right on ball of left foot and tap right toe back
- 12 Tap right toe back again

## TURN/HEEL, TURN/TOE, TURN/HEEL, TURN/TOUCH

- 13 Pivot  $\frac{1}{2}$  turn left on ball of left foot and tap right heel forward
- 14 Pivot  $\frac{1}{2}$  turn right on ball of left foot and tap right toe back
- 15 Pivot  $\frac{1}{4}$  turn left on ball of left foot and step forward with right foot
- 16 Pivot  $\frac{1}{4}$  turn right on ball of right foot and touch left toe to left side

## CROSS, POINT, CROSS, STEP BACK

- 17 Step across in front of right leg with left foot
- 18 Touch right toe to right side
- 19 Step across in front of left leg with right foot

20 Step back with left foot

**TOGETHER, (HOP)-HOP**

21 Step together with right foot

**&(Option) hop forward with both feet**

22 Hop forward with both feet

**REPEAT**